New Hampshire Commuting Patterns

Working in New Hampshire

- An average of 636,727 workers commute to a job in New Hampshire.
- About nine out of ten workers (89.7 percent) who work in New Hampshire also live here (571,241). Another 10.3 percent of workers commute in from another state (65,486).
- Nearly all (95.0 percent) of New Hampshire workers who live in another state commute in from one of the three bordering states.
- Among those who commute to New Hampshire from another state for work, 26.7 percent come from Maine, 45.7 percent come from Massachusetts, and 22.5 percent come from Vermont.

Residents of New Hampshire

- An average of 677,579 New Hampshire residents commute to work.
- Of the New Hampshire residents who commute to work, 84.3 percent (571,241) travel to jobs somewhere in the state, and 15.7 percent (106,338) commute to jobs out of state.
- Nearly all (94.6 percent) New Hampshire residents who commute out-of-state travel to work in one of the three bordering states.
- Among those New Hampshire residents who leave the state for work, 78.6 percent travel to work in Massachusetts, 8.5 percent travel to work in Vermont, and 7.5 percent travel to work in Maine.
- Just over 300 residents reported working in a country other than the United States.

New Hampshire In-State Commuters

- There are 571,241 New Hampshire residents age 16 and over who also work in the state.
- About two-thirds of these New Hampshire residents work in three counties: 31.2 percent work in Hillsborough County, 20.9 percent work in Rockingham County, and 13.1 percent work in Merrimack County.
- Just under a quarter of these New Hampshire residents work in three cities: 10.2 percent work in Manchester, 7.5 percent work in Nashua, and 6.8 percent work in Concord.
**Workers Commuting Into New Hampshire and Residents Commuting Out of New Hampshire**

1990 and 2000 Decennial Census, and 2006-2010 5-Year American Community Survey

<table>
<thead>
<tr>
<th>Workers Commuting In From:</th>
<th>Residents Commuting Out To:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
</tr>
<tr>
<td>1990</td>
<td>43,845</td>
</tr>
<tr>
<td>2000</td>
<td>54,094</td>
</tr>
<tr>
<td>2010</td>
<td>65,486</td>
</tr>
</tbody>
</table>

**Travel Time to Work**

*Workers 16 years and older who did not work at home*

- Mean Travel Time to Work: 25.5 minutes

<table>
<thead>
<tr>
<th>travel time in minutes</th>
<th>less than 10</th>
<th>10 to 14</th>
<th>15 to 19</th>
<th>20 to 24</th>
<th>25 to 29</th>
<th>30 to 34</th>
<th>35 to 44</th>
<th>45 to 59</th>
<th>60 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.8%</td>
<td>14.9%</td>
<td>14.2%</td>
<td>13.5%</td>
<td>6.2%</td>
<td>12.0%</td>
<td>7.1%</td>
<td>7.8%</td>
<td>8.6%</td>
<td></td>
</tr>
</tbody>
</table>

**About the American Community Survey**

The American Community Survey (ACS) is an ongoing survey conducted by the US Census Bureau, designed to provide more current data than available through a decennial Census. Commuting data were compiled from ACS survey responses gathered over a five-year period, from 2006 to 2010. Respondents were asked if they worked, where they worked, and how long it usually took for them to go from home to work, among other questions.

**Prepared by:** Economic and Labor Market Information Bureau, New Hampshire Employment Security
Concord, New Hampshire 03301 • (603) 228-4124

**County-to-County Commuting Patterns**

American Community Survey (ACS) 2006-2010